

## Song

**Forgiveness** By Matthew West

It's the hardest thing to give away,  
And the last thing on your mind today  
It always goes to those who don't deserve  
It's the opposite of how you feel  
When they pain they caused is just too real  
Takes everything you have to say the word - *forgiveness*

It flies in the face of all your pride  
It moves away the mad inside  
It's always anger's own worst enemy  
Even when the jury and the judge  
Say you've got a right to hold a grudge  
It's the whisper in your ear saying set it free - *forgiveness*

### Chorus

Forgiveness, forgiveness,  
Show me how to love the unlovable,  
Show me how to reach the unreachable  
Help me now to do the impossible  
Forgiveness, forgiveness

It'll clear the bitterness away  
It can even set a prisoner free  
There is no end to what its power can do  
So let it go and be amazed by what you see through eyes of grace  
The prisoner that it really frees is you  
I want finally set it free  
Show me how to see what your mercy sees  
Help me now to give what You gave to me - *forgiveness*

Prayer Leader:

**Syndie Eardly**  
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## The Energy of Forgiveness



Our prayer is characterized by silence ~  
**Be still and know that I am God!**

In that silence we listen for a new word.  
God is present in all our lives.  
God cares for us, and  
our life experiences are a source  
of deepening knowledge of God and self.

Inspired by God's Word in the silence  
we share from our hearts.

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## To Ponder

### The Energy of Forgiveness

By Syndie Eardly

Many of us struggle with the concept of forgiveness, whether it is refusing or unable to forgive the past, or living in fear that God withholds forgiveness for our transgressions. Both ideas can be toxic to our mental, emotional and spiritual health.

Unforgiveness hurts us first and foremost, blocking our ability to heal, to feel love, to extend compassion. Spiritual growth and awakening cannot take place in us if we believe in our self-righteous hearts that we are standing in the light while condemning our brother or sister to remain outside the pale, as it were, in total darkness because of some offense.

Neither can unforgiveness exist in the presence of the light of the Creator whose very essence of creation itself is total and unconditional love — no matter what. At its core, forgiveness is about wanting everyone to stand in this light as well — no matter what. It is why Jesus forgave his tormentors. It is why Rwandan genocide survivor Immaculée Ilibagiza forgave the men who murdered her family. It sets both the forgiver and forgiven free to experience the light.

Forgiveness is – in its most powerful form – an unblocking of energy so that the unifying life force which is love can flow into us and through us, healing us and the world.

## Reading

### Forgiveness

By David Whyte

At the end of life,  
the wish to be forgiven  
is ultimately the chief desire  
of almost every human being.

In refusing to wait;  
in extending forgiveness to others now,  
we begin the long journey  
of becoming the person  
who will be large enough,  
able enough and generous enough  
to receive, at our very end,  
that necessary absolution ourselves.

## Sharing. . .

a word...

a phrase...

a reflection...

#### Reminders:

*Come on time... Better yet, Come Early!*

*Honor the silence during prayer*

*Share briefly from your personal experience*

*Listen to each other*

*Discussion (cross talk) is for after the hour of prayer*